



National Nutrient Database for Standard Reference

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Statistics Report 11705, Asparagus, cooked, boiled, drained, with salt

Report Date: July 04, 2017 19:37 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	92.63	4	0.140	92.29	92.93	3.0	92.189	93.081	1	Analytical or derived from analytical	--	12/2002
Energy	kcal	22	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
Energy	kJ	94	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
Protein ¹	g	2.40	4	0.124	2.23	2.77	3.0	2.009	2.796	1	Analytical or derived from analytical	--	12/2002
Total lipid (fat) ¹	g	0.22	4	0.033	0.16	0.31	3.0	0.112	0.323	1	Analytical or derived from analytical	--	12/2002
Ash ¹	g	0.63	4	0.020	0.6	0.69	3.0	0.571	0.699	1	Analytical or derived from analytical	--	12/2002
Carbohydrate, by difference	g	4.11	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
Fiber, total dietary ¹	g	2.0	4	0.085	1.8	2.2	3.0	1.703	2.247	1	Analytical or derived from analytical	--	12/2002
Sugars, total	g	1.30	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 1	g	0.08	4	0.052	0.03	0.24	3.0	-0.079	0.249	1	Analytical or derived from analytical	--	12/2002
Glucose (dextrose) 1	g	0.42	4	0.066	0.24	0.53	3.0	0.214	0.635	1	Analytical or derived from analytical	--	12/2002
Fructose 1	g	0.79	4	0.087	0.56	0.95	3.0	0.515	1.07	1	Analytical or derived from analytical	--	12/2002
Lactose 1	g	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002
Maltose 1	g	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002
Galactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Starch 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Minerals													
Calcium, Ca 1	mg	23	4	0.866	21	25	3.0	20.268	25.782	1	Analytical or derived from analytical	--	12/2002
Iron, Fe 1	mg	0.91	4	0.113	0.58	1.08	3.0	0.546	1.265	1	Analytical or derived from analytical	--	12/2002
Magnesium, Mg 1	mg	14	4	0.430	13	15	3.0	12.731	15.469	1	Analytical or derived from analytical	--	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P 1	mg	54	4	2.689	49	62	3.0	45.866	62.984	1	Analytical or derived from analytical	--	12/2002
Potassium, K 1	mg	224	4	7.632	203	237	3.0	199.211	247.789	1	Analytical or derived from analytical	--	12/2002
Sodium, Na	mg	240	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Zinc, Zn 1	mg	0.60	4	0.033	0.51	0.66	3.0	0.496	0.703	1	Analytical or derived from analytical	--	12/2002
Copper, Cu 1	mg	0.165	4	0.028	0.1	0.24	3.0	0.076	0.254	1	Analytical or derived from analytical	--	12/2002
Manganese, Mn 1	mg	0.154	4	0.010	0.14	0.18	3.0	0.123	0.186	1	Analytical or derived from analytical	--	12/2002
Selenium, Se 1	µg	6.1	2	--	1.7	10.5	1.0	--	--	1	Analytical or derived from analytical	--	12/2002
Fluoride, F 2 3	µg	21.9	13	17.950	4	39.9	1.0	-206.126	250.026	2	Analytical or derived from analytical	--	02/2006
Vitamins													
Vitamin C, total ascorbic acid 1	mg	7.7	4	0.771	6	9.5	3.0	5.222	10.128	1	Analytical or derived from analytical	--	12/2002
Thiamin 1	mg	0.162	4	0.012	0.15	0.2	3.0	0.123	0.201	1	Analytical or derived from analytical	--	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Riboflavin 1	mg	0.139	4	0.007	0.13	0.16	3.0	0.117	0.161	1	Analytical or derived from analytical	--	12/2002
Niacin 1	mg	1.084	4	0.047	0.96	1.16	3.0	0.933	1.234	1	Analytical or derived from analytical	--	12/2002
Pantothenic acid 1	mg	0.225	4	0.020	0.19	0.28	3.0	0.162	0.289	1	Analytical or derived from analytical	--	12/2002
Vitamin B-6 1	mg	0.079	4	0.011	0.06	0.11	3.0	0.045	0.114	1	Analytical or derived from analytical	--	12/2002
Folate, total 1	μg	149	4	8.230	136	171	3.0	123.059	175.441	1	Analytical or derived from analytical	--	12/2002
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	149	4	8.230	136	171	3.0	123.059	175.441	1	Analytical or derived from analytical	--	03/2006
Folate, DFE	μg	149	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
Choline, total 1	mg	26.1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Betaine 1	mg	0.9	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1984
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	50	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta ¹	µg	604	4	60.732	500	771	3.0	410.223	796.777	1	Analytical or derived from analytical	--	12/2002
Carotene, alpha ¹	µg	0	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002
Cryptoxanthin, beta ¹	µg	0	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002
Vitamin A, IU	IU	1006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Lycopene ¹	µg	30	4	2.204	26	36	3.0	22.661	36.689	1	Analytical or derived from analytical	--	12/2002
Lutein + zeaxanthin	µg	771	4	78.514	603	977	3.0	521.132	1020.868	1	Analytical or derived from analytical	--	03/2006
Vitamin E (alpha-tocopherol)	mg	1.50	--	--	--	--	--	--	--	--	Calculated or imputed	11012	03/2006
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin K (phylloquinone) ¹	µg	50.6	4	4.354	42.8	62.7	3.0	36.72	64.43	1	Analytical or derived from analytical	--	12/2002
Lipids													
Fatty acids, total saturated	g	0.048	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
4:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
6:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
8:0 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
10:0 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
12:0 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
14:0 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
15:0 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
16:0 ¹	g	0.048	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
17:0 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
20:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
22:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
24:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Fatty acids, total monounsaturated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
14:1 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
15:1 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
16:1 undifferentiated 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
17:1 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
18:1 undifferentiated 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
22:1 undifferentiated ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Fatty acids, total polyunsaturated	g	0.105	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
18:2 undifferentiated ¹	g	0.076	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
18:3 undifferentiated ¹	g	0.029	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
18:4 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
20:2 n-6 c,c ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
20:3 undifferentiated ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
20:4 undifferentiated ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
20:5 n-3 (EPA) ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:5 n-3 (DPA) ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
22:6 n-3 (DHA) ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1984
Amino Acids													
Tryptophan ¹	g	0.029	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Threonine ¹	g	0.092	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Isoleucine ¹	g	0.082	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Leucine ¹	g	0.140	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Lysine ¹	g	0.113	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Methionine ¹	g	0.034	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Cystine ¹	g	0.034	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phenylalanine 1	g	0.082	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Tyrosine 1	g	0.057	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Valine 1	g	0.125	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Arginine 1	g	0.099	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Histidine 1	g	0.053	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Alanine 1	g	0.125	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Aspartic acid 1	g	0.555	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Glutamic acid 1	g	0.255	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Glycine 1	g	0.101	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Proline 1	g	0.077	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Serine ¹	g	0.116	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6b, 2002 Beltsville MD

²Donald Taves Dietary Intake of Fluoride Ashed (total fluoride) v. Unashed (inorganic fluoride) Analysis of Individual Foods, 1983 British Journal of Nutrition 49 pp.295-301

³Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffusion